

The Top 10 Ways To Manage Change Effectively

Introduction

We know that navigating successfully in a world that is changing as fast as ours can be tricky at times. In fact, if we allow it to overwhelm us, change can feel extremely stressful and downright frustrating. If we're smart, however, we've learned that although we can't alter the fact of constant change, we can learn to manage our response to it. Here's a sample of how I coach my clients on managing change in their lives:

1. Accept change as a fact of life.

As human beings we are constantly in process. We never get there, our in-box is never empty, and we can't catch up with technology. Our world is changing at a pace never experienced before. Indeed, change is our only constant. Accept it!

2. Commit yourself to lifelong learning.

If change is constant, then learning must also be continual. As long as we are learning, we're on the road to an exciting, fulfilling, meaningful life. Learning helps us feel as though we're moving with the ever-changing world. This helps to relieve our anxiety of feeling left behind. We feel better because when we're learning we are moving with the world.

3. Get healthy then stay healthy.

Change, even positive change, is stressful. To keep stress from getting us, we must stay physically healthy with proper nutrition, enough rest and regular exercise.

4. Look at change as an opportunity.

Changing our attitude about change is one of our best management tools. Look for opportunities in every change in your life. Rather than digging in your heels and resisting change, allow yourself to flow with it and see where it takes you.

5. Develop and maintain a strong network and support team.

Many changes in our lives require us to lean on others for emotional support and/or advice. Have your team in place, ready to see you through the inevitable significant changes in your life.

6. Develop your spirituality.

God is the only aspect of our lives that is constant. She is the same today, tomorrow, and into infinity. This is a comforting and stabilizing thought in today's world. To have a friend, a confidant, a love who will never outgrow us, leave us, or change her behavior toward us is surely one of the greatest gifts of life.

7. Engage in rituals.

Performing a task or celebration in the same way week after week or year after year gives us a sense of stability, a feeling of being grounded, a sense of security. Even the ritual of pouring a cup of coffee before settling down to work, eating dinner as a family, having lunch at a special restaurant on Fridays, or writing daily in a journal can be significant in dealing with change. Performing rituals and celebrating holidays in a certain way gives us the satisfaction that not everything is changing.

8. Eliminate the tolerations in your life.

Get rid of the little irritations (and sometimes big ones) that drain your energy -- energy you need to manage change. A toleration can be something as simple as a missing button or as significant as a toxic person.

9. Keep a daily journal.

When change is viewed over a period of time there is more sense to it. Seeing this historical perspective of past change in our life can give us more objectivity to meet the current changes that are facing us.

10. Engage in meditation.

Being centered within yourself grounds you for the changes you're required to face every day. Take a moment to quiet your mind, your body, your soul. You'll reap the rewards of this gift you give yourself.

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